

## Cereal for Women

### General Mills

- Cheerios (plain)

### Kellogg's

- Corn Flakes (plain)
- Frosted Mini-Wheats (Original or Bite Size)

### Malt-o-Meal

- Malt-o-Meal Original (plain)

### Post

- Honey Bunches of Oats (Honey Roasted)
- Premium Bran Flakes

### Quaker

- Life (plain)
- Squares (blue box)

### Store Brands

(see list of authorized labels)

- Crisp(y) Rice
- Instant Oatmeal, regular unflavored, in 11.8 oz. or 12 oz. box of individual serving packets.

### CAN BUY

- 12 oz. package or larger (except Store Brand Instant Regular Oatmeal plain, unflavored, in 11.8 oz. or 12 oz. box of individual serving packets).
- Cereal can be packed in boxes or bags.
- Can combine sizes and types to buy up to, but not over, 36 oz.

### CANNOT BUY

- Individual servings, except store brand Instant Oatmeal
- Packages smaller than 12 oz., except for store brand Instant Oatmeal
- Honey-frosted, cinnamon, or fruit flavored Mini-Wheats
- Honey Bunches of Oats with almonds or fruit flavors
- Cereals with chocolate, fruit, or fruit flavors, nuts or marshmallows
- Brands on labels not specifically listed on WIC Authorized Food List and WIC Shopping Guide

## Cereal for Children

### General Mills

- Cheerios (plain)
- Kix (plain)

### Kellogg's

- Corn Flakes (plain)
- Frosted Mini-Wheats (Original or Bite Size)

### Nabisco

- Cream of Wheat (1 Minute, 2–1/2 Minute, 10 minute) 14 oz. or 28 oz. (1 lb 12 oz.) No single serving packets

### Post

- Honey Bunches of Oats (Honey Roasted)

### Quaker

- Life (plain)
- Crunchy Corn Bran

### Store Brands

(see list of authorized labels)

- Crisp(y) Rice
- Instant Oatmeal, regular unflavored, in 11.8 oz. or 12 oz. box of individual serving packets.

### CAN BUY

- 12 oz. package or larger (except Store Brand Instant Regular Oatmeal plain, unflavored, in 11.8 oz. or 12 oz. box of individual serving packets).
- Cereal can be packed in boxes or bags.
- Can combine sizes and types to buy up to, but not over, 36 oz.

### CANNOT BUY

- Individual servings, except store brand Instant Oatmeal
- Packages smaller than 12 oz., except for store brand Instant Oatmeal
- Honey-frosted, cinnamon, or fruit flavored Mini-Wheats
- Honey Bunches of Oats with almonds or fruit flavors
- Cereals with chocolate, fruit, or fruit flavors, nuts or marshmallows
- Brands on labels not specifically listed on WIC Authorized Food List and WIC Shopping Guide

## Store Brand Cereals

### Crisp(y) Rice

- Albertson's
- American Fare
- Best Yet
- Home & Garden
- Hospitality
- Hy Top
- IGA
- Kroger
- Ralph's
- Ralston (Military Commissary)
- Red & White
- Safeway
- Springfield
- Stater Brothers
- Sunny Select
- Vons
- Western Family

### Instant Oatmeal

- Albertson's
- Hy Top
- Kroger
- Ralston (Military Commissary)
- Safeway
- Stater Brothers
- Vons
- Best Yet
- IGA
- Ralph's
- Red & White
- Springfield
- Sunny Select
- Western Family

### CAN BUY

- 12 oz. package or larger (except Store Brand Instant Regular Oatmeal plain, unflavored, in 11.8 oz. or 12 oz. box of individual serving packets).
- Cereal can be packed in boxes or bags.
- Can combine sizes and types to buy up to, but not over, 36 oz.

### CANNOT BUY

- Individual servings, except store brand Instant Oatmeal
- Packages smaller than 12 oz., except for store brand Instant Oatmeal
- Cereals with chocolate, fruit, or fruit flavors, nuts or marshmallows
- Brands on labels not specifically listed on WIC Authorized Food List and WIC Shopping Guide

## Juice Shelf Stable, 64 oz.

### Apple

- Albertson's
- Hansen's
- Mott's
- Safeway
- Stater Brothers
- Vons
- A-Plus
- Kroger
- Juicy Juice
- Seneca
- Sunny Select
- Western Family
- Best Yet
- Langers
- Ralph's
- Springfield
- Tree Top

### Grape

- Albertson's (purple, white)
- Langers Plus (purple, white)
- Safeway (purple, white)
- Springfield (purple, white)
- Sunny Select (purple)
- Welch's (red, purple, white)
- Western Family (purple, white)
- Kroger (purple, white)
- Ralph's (purple, white)
- Seneca (purple, white)
- Stater Bros. (purple, white)
- Vons (purple, white)

### Orange

- Kroger
- Ralph's
- Tree Sweet
- Western Family
- Langers Plus
- Springfield
- Tropicana Season's Best

### Pineapple (with 100% Hawaiian USA on cap)

- Albertson's
- Hawaiian Gold
- Private Selection
- Safeway
- Sunny Select
- Best Yet
- HyTop
- Ralph's
- Springfield
- Vons
- Kroger
- Red & White
- Stater Brothers
- Western Family

### Vegetable (regular flavor only)

- Campbell's V-8
- Springfield
- Kroger
- Western Family
- Ralph's

### CAN BUY

- Must contain Vitamin C at 120% of daily value per 8 oz. of juice.
- Can combine flavors of juice.

### CANNOT BUY

- Freshly squeezed juices
- Juices in jars or cartons
- Fruit juice drinks
- Any other size container
- Any other brand, flavor, type or size
- Punch or ades (lemonade, Kool-aid®, etc.)
- Infant juices
- Blended fruit juices
- Juice with sugar added
- Refrigerated bottles

\*Calcium-added juices are not authorized for children under 1 year of age. If you have kidney stones, check with your doctor before you drink juices fortified with calcium.

## Juice Frozen, 11.5 or 12 oz.

### Apple

- Best Yet (Premium)
- Kroger (regular)
- Minute Maid (Premium with Added Calcium)
- Ralph's (regular)
- Seneca (regular, Granny Smith)
- Stater Brothers (regular)
- Western Family (regular)
- Tree Top (regular)
- IGA (regular)
- Springfield (regular)
- Sunny Select (regular)

### Grape

- Best Yet (purple)
- Ralph's (purple)
- Springfield (purple)
- Western Family (purple)
- Kroger (purple)
- Seneca (purple)
- Welch's (purple, white)

### Orange

- Best Yet (Premium, Pulp Free, Country Style)
- Donald Duck (regular)
- IGA (regular, Country Style)
- Kroger (regular, Added Pulp)
- Minute Maid (Original, Pulp Free, Country Style)
- Minute Maid (Calcium Added)
- Ralph's (regular, Added Pulp)
- Safeway (regular)
- Stater Brothers (regular, Country Style)
- Springfield (regular, High Pulp)
- Springfield (Calcium Fortified)
- Tropicana Season's Best (With Pulp, Pulp Free)
- Vons (regular)
- Western Family (regular)

### Pineapple

- Dole (100% Pineapple juice)

### CAN BUY

- Must contain Vitamin C at 120% of daily value per 8 oz. of juice.
- Can combine flavors of juice.

### CANNOT BUY

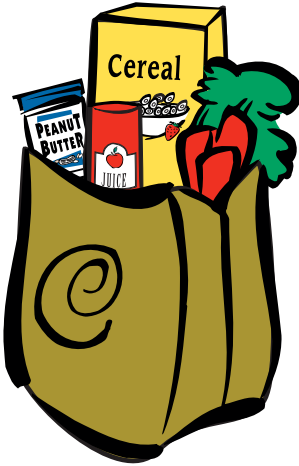
- Freshly squeezed juices
- Juices in jars or cartons
- Fruit juice drinks
- Any other size container
- Any other brand, flavor, type or size
- Punch or ades (lemonade, Kool-aid®, etc.)
- Infant juices
- Blended fruit juices
- Juice with sugar added
- Refrigerated bottles

\*Calcium-added juices are not authorized for children under 1 year of age. If you have kidney stones, check with your doctor before you drink juices fortified with calcium.

## California WIC Program

# WIC AUTHORIZED FOOD LIST

July 2003



## California Department of Health Services Special Supplemental Nutrition Program for Women, Infants and Children

WIC is an Equal Opportunity Program  
Developed by WIC Supplemental Nutrition Branch  
California Department of Health Services  
www.wicworks.ca.gov

Gray Davis, Governor

Diana M. Bontá, RN, Dr. P.H., Director  
Department of Health Services

Grantland Johnson, Secretary  
Health and Human Services Agency



Requirements for participation in the WIC Program are the same for everyone regardless of race, color, national origin, religion, political belief, sex, age, or disability. For the nearest WIC office, call toll-free 1-888-942-9675.

WIC Participant Responsibilities

1. Use your WIC checks only at the store whose name and address are printed on your checks.
2. Be courteous and considerate in the store.
3. Buy the correct foods and the correct amount of foods listed on your WIC checks.
4. Buy the full amount of food stated on **infant cereal and infant formula** WIC checks.
5. Read your cereal check carefully. Women and children have different choices.
6. Use your WIC checks starting with the “First Day to Use” date printed on your checks and ending with the “Last Day to Use.”
7. Separate WIC foods from the other foods you are buying. Do this before you reach the checkout.
8. Tell the cashier right away that you are using WIC checks.
9. Show your WIC Authorization Folder to the store cashier **every time** you shop for WIC foods.
10. Sign your WIC checks in front of the cashier, after they write in the price. **Do not sign your checks before you go to the store.**
11. Do not return any WIC foods for cash, credit, exchange, or “rain check.”
12. Teach your alternates to buy the correct WIC foods and to use WIC checks correctly.
13. Have your alternates sign your WIC Authorization Folder before they go to the store to shop for you. The WIC checks should be signed at the checkout counter, not before.
14. Talk to the store manager if you have a complaint about a store or store clerk. Report the date, time, and names of store people involved. Call your local WIC agency or the State WIC Office if you are still not satisfied.

Responsibilities of Stores That Accept WIC Checks

1. Treat WIC customers with courtesy and respect.
2. Ask to see the WIC Authorization Folder. Do not ask for any other identification. Match the signature on the Authorization Folder with the signature on the WIC check. Disregard ID numbers, since they will not match.
3. Check the store name and the issue date on WIC checks. Follow the “First Day to Use” and “Last Day to Use” printed on the checks.
4. Sell the correct WIC foods stated on the WIC checks. Note that cereals are different for women and children.
5. Participants must be able to buy the full amount of food stated on their WIC checks, when they choose to do so.
6. Participants **must buy the full amount of food stated on infant cereal and infant formula WIC checks.**
7. Enter the exact purchase price of the food items on the WIC check at the time of the transaction, before the participant signs.
8. Allow the WIC customers to purchase items at the same sale prices as your other customers. Accept manufacturer and store coupons according to the terms stated. This includes “two for one” “buy one, get one free”, “buy one, get a non-WIC item free” offers. “Cents-off ” coupons should be deducted from the “exact purchase price”.
9. Do not accept or return cash as part of WIC purchases. Do not give credit, make exchanges, or give “rain checks” on any WIC foods.
10. Place WIC shelf labels only under those foods that are allowed for WIC in California.
11. Complete the “Attempted Voucher Violations” card to report participant violations.

For Women Who Breastfeed Only and DO NOT USE Formula

Tuna

Chunk light, water-packed

CAN BUY

- Any brand
- 6 oz. cans
- Dietetic tuna is OK

CANNOT BUY

- Solid White or Albacore
- Oil-packed tuna
- Tuna with soy protein added
- Prime fillet

Carrots (any brand)

Fresh, large, whole carrots

CAN BUY

- Any brand
- Pre-packaged ONLY

CANNOT BUY

- Canned, shredded, frozen, or baby carrots
- Bulk (not packaged)

Infant Cereal

Gerber (rice, barley, oatmeal, or mixed cereal)

CAN BUY

- 8 oz. boxes
- Can mix types
- Dry pack cereal with iron
- MUST BUY THE FULL AMOUNT OF FOOD stated on the WIC check.

CANNOT BUY

- Infant cereal with added fruit
- Single serving cups
- 6 oz. variety packages
- Any other type or brand

Infant Formula

CAN BUY

Similac Advance with Iron (milk-based)

- 13 fl. oz. liquid concentrate or powder in a 12.9 oz. can
- 13 fl. oz. liquid concentrate or powder in a 14 oz. or 12.9 oz. can

Similac with Iron (milk-based)

- 13 fl. oz. liquid concentrate or powder in a 14.1 oz. or 12.9 oz. can

Similac Isomil Advance with Iron (soy-based)

- 13 fl. oz. liquid concentrate or powder in a 12.9 oz. can
- 13 fl. oz. liquid concentrate or powder in a 14 oz. or 12.9 oz. can

- MUST BUY THE FULL AMOUNT OF FOOD stated on the WIC check
- Other formula allowed ONLY if it is printed on the WIC check. (For example: Carnation Goodstart Supreme, Nutramigen, Similac Neosure Advance, Enfamil Enfacare Lipil, Alimentum, Pediasure, Enfamil AR)

CANNOT BUY

- Any other brand, type, or size not printed on the front of the WIC check
- Low iron infant formula, or formula with no iron

Milk

Pasteurized Fluid Cow's Milk (single gallons or gallon twin pack)

For “1–1/2 gallon” check, must buy one full gallon and one 1/2 gallon

Evaporated Milk (12 oz. can)

Powdered Dry Milk (9.6 oz. to 25.6 oz. box)

Acidophilus Milk (1/2 gallons)

Lactose Reduced or Lactose Free Milk (1/2 gallons)

- Albertson's
- Jerseymaid
- Knudsen
- Lactaid
- Lucerne
- Kroger
- Dairy Ease

CAN BUY

- Whole
- Nonfat, skim, fat free
- Calcium fortified Lactaid
- 1% Lowfat, light
- 2% Reduced fat

CANNOT BUY

- Raw (unpasteurized) milk
- Non-dairy milk substitutes
- UHT milk (shelf-stable)
- Evaporated “Filled” milk
- Sweetened condensed milk
- Chocolate milk (or any other flavor)
- Buttermilk
- Goat's milk
- Quart or pint sizes
- Organic milk
- Kosher milk

Cheese

Natural cheddar, Processed American cheese, Jack or Mozzarella

CAN BUY

- Any brand
- Block or round, domestic cheese ONLY
- 0.75 pound (12 oz.) package is minimum size
- Regular or reduced fat (nonfat or lowfat)
- Low sodium or Kosher varieties are OK
- Extra sharp, sharp, medium, mild or white cheddar

At the Deli:

- Can get block cheese sliced if no extra charge
- Can buy cheese from a manufacturer's pre-sliced block in deli

CANNOT BUY

- Marbled cheese
- Processed cheese food
- Cream cheese or Parmesan
- Cheese spreads or cheese “product”
- Cheese with added hot peppers or spices
- String or shredded cheese
- Cheese made outside the USA
- Pre-packaged sliced cheese, slices individually wrapped or not
- Any other variety of cheese, such as Colby or Muenster

Eggs

Grade AA chicken eggs

CAN BUY

- Any brand
- White ONLY
- Dozens ONLY
- Small, medium or large only

CANNOT BUY

- Jumbo or extra large eggs
- Low cholesterol eggs
- Other grades of eggs
- Powdered or liquid eggs
- Specialty eggs such as: cage free, stress free, vitamin enriched, organic or Egglands Best
- Brown eggs
- Egg substitutes
- Ungraded eggs
- Vitamin enriched

Peanut Butter

Plain, creamy, chunky, super chunky styles, or honey nut roasted

CAN BUY

- Any commercial brand
- 16 to 18 oz. jars ONLY
- Low sodium or low sugar are OK
- Some checks may allow 12 or 24 oz. jars

CANNOT BUY

- Any other size container
- With added fruit, jams, or preserves
- Non-commercially prepared (“grind your own”)
- No lowfat or reduced-fat peanut butter or “peanut butter spread”

Peas, Beans, or Lentils

Uncooked dried beans, peas, and lentils

Canned beans 14 to 16 oz.

(only issued to a few WIC participants)

CAN BUY

- Any brand
- Any variety
- Pre-sealed package or in bulk
- Plain mixed beans, peas, and/or lentils

ONLY if printed on WIC check:

- Uncooked dried beans, peas, and lentils
- Plain canned beans — any variety
- Canned baked beans — plain, vegetarian, with pork, with bacon

CANNOT BUY

- Frozen beans, peas, or lentils
- Canned green or wax beans, canned green peas
- Canned baked beans with beef or with franks
- Mixed bean soup with flavor packet, grains, or spices
- Canned refried beans, Cajun style, BarBQue, or Ranch Style